

➤ **Practical tips:**

- » Include a variety of nutrient rich foods from each food group. Use MyPlate as a guide.
- » Keep a bowl of fresh fruits and vegetables readily available in the refrigerator.
- » Serve water, low or fat-free milk at meals. Save sugary beverages for “special occasions.”
- » Grow a family garden and include the fresh fruits and vegetables as part of your meals.
- » Protect your teeth by eating less processed food and beverages. Drink more water and eat foods such as nuts, raw vegetables, plain yogurt and chew sugar-free gum.



Smartphone App Resources:

- **MyFitnessPal®**
- **Lose It!®**
- **Fooducate™**
- **SparkPeople®: Diet and Fitness Tracker**
- **Healthy Dining Finder®**
- **eaTipster**
- **MealBoard**
- **Cooking Plant™**
- **My Family Meal Planner Light**

Use of trademarked name(s) does not imply endorsement by the U.S. Army, but is intended only to assist in identification of specific products.



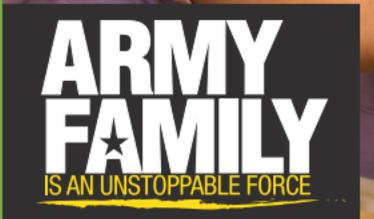
TA-223-0114
Approved for public release, distribution unlimited



Learn more about the Performance TRIAD at
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

Feel Good, Stay Healthy...Eat Smart

Nutrition Tips for Families



- Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is part of the foundation of maintaining good health.
- Aim to improve your eating habits by controlling your portions, making healthy food decisions, preparing meals ahead of time, and snacking smart.

Eat Together As a Family.

- Research shows family meals promote healthier eating and give families time to talk, listen, and build relationships.
- Children who eat with their families are better nourished, maintain a healthier weight, have better grades, and are less likely to smoke, drink, or use marijuana.
- Eating together helps improve connections to one another.

Get Started!

- **Ease into it.** Set a goal of eating together twice a week and build from there.
- **Keep it simple.** Focus on family favorites and enhance with salads and vegetables.
 - » Cook when you have more time - maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
 - » Do some tasks ahead - Wash and trim vegetables or make fruit salad. Cook whole-grain noodles for pasta salad. Cook lean ground meat for tacos.
 - » Buy partly prepared foods. Try grated cheese, cut-up chicken, mixed salad greens to save time.
- **Avoid portion distortion.** Keep serving sizes under control, whether you are at home or eating out.
- **Get the family involved.** Let your family help plan the menu, choose their favorite dinner, set the table, and make the meal.
- **Make it enjoyable.** Leave serious discussions for another time.
- **Remove distractions.** No TV or phones! Use this time for listening, sharing, and nurturing.

- **Hydrate Right!** There are benefits to increasing your daily water intake including:
 - » maintaining normal bowel function, managing weight by reducing calories, and saving money when you go out to eat.
 - » choosing water over sugary beverages, which fill you up and displace nutrient-dense food.
- **To increase your water intake:**
 - » Have water with every meal and snack.
 - » Add a wedge of lemon or lime to give your water some pizzazz.
 - » Carry a bottle of water with you while you are at work, running errands, or in your car.
- **Snack Smart.** The majority of healthy diets allow for 1 or 2 small snacks a day. Instead of buying a snack from a vending machine at work or when running errands, choose to bring cut-up vegetables or fruit from home. You will save money AND calories!



Visit your local Army Wellness Center!

Army Wellness Centers (AWCs) provide wellness services to Soldiers, adult Family Members, Retirees, and Department of the Army (DA) Civilians at NO COST:

- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Stress Management Education and Biofeedback
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

To locate the AWC nearest you, visit <http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx>

Check out these additional resources:

- **The Operation Supplement Safety (OPSS) App** provides important information about dietary supplements and how to choose supplements wisely. The App is available via Google Play Store and iTunes. <http://hprc-online.org/dietary-supplements/opss>.
- **Army H.E.A.L.T.H.** is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at <http://armyhealth.pbrc.edu>.
- **SuperTracker** is a website developed by the U.S. Department of Agriculture (USDA) to create a custom nutrition and activity plan based on your goals. Visit <https://www.supertracker.usda.gov/default.aspx>.
- **Academy of Nutrition and Dietetics** helps families make informed food choices and develop sound eating and fitness habits. <http://www.eatright.org/Public/>.
- **Fruits and Veggies, More Matters** offers useful tips to increase fruit & vegetable consumption. <http://www.fruitsandveggiesmorematters.org/>.
- **Eat Healthy Your Way** helps to make healthy eating a way of life. <http://www.eathealthyourway.net/>.